

WINTER 2017 UPDATE



Happy New Year and winter season from O2!

With workshops to choose from that range in activities of crafting, museum visits, and sport-like fun there is sure to be something that interests you in the O2 winter season! We look forward to seeing you these next few months as we enter into 2017.

After school workshops will be a blast with events on the south-end like a night dedicated to building terrariums, a karaoke night, and a comedic tour of the Seattle Underground. North-end is racking up the fun with their events to the UW planetarium, a tour of the KEXP radio station, and one of the most intense games of hide and seek that will ever be played while learning to use avalanche beacons.

There are a few special days in our calendar this season that are worth looking into. Check out our Thursday workshops in March to the Seattle Art Museum and one of the first indoor climbing days for 2017! Other fun days of note are during mid-winter break in February for a day of snowshoeing, a visit to the ever popular requested trampoline world, and a dive into the sport of curling.

This winter there will be lots of amazing overnight cabin trips on the weekends! Included is a visit to the Olympic Peninsula, Camano Island, and the Flying Horseshoe ranch. These are great ways to explore the Pacific Northwest if you aren't yet a fan of tent camping, as all of them will be staying in cabins. Some of these dates include a two night stay and will leave on the Friday after school so check to make sure you can attend the whole weekend.

Our service projects will include making valentines for the homeless and working in community gardens! These will be super fun and an easy way to get in your service learning hours and help contribute to a great cause!

You can sign up for events with either Evan (north-end) or Suzannah (south-end). **If you sign up for an event, please make sure you keep track of the date and confirm with us that you are able to make it as the event comes up.** To sign up for any O2 event, please contact us **no later than ONE WEEK** before the event. If you don't connect with us by phone or text, you might lose your spot to another participant. Please track your O2 events and take a minute to contact us to confirm your attendance!

We are excited about your participation in our winter 2016 season. Sign up and secure your spot for adventures!

~ Bob, Emily, Evan & Suzannah ~

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Evan McKenna | 206-423-1501
Bob Warner | 206-890-2513
Emily Sachwald | 206-390-1018

www.seattle.gov/parks/teens/o2



JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year!	2	3	4	5	6	7
8	9	10 South-End Workshop Making a Difference <i>Page 7</i>	11 North-End Workshop Planetarium <i>Page 5</i>	12 SOS Snowboarding	13	14 JOINT Service Project Youth March <i>Page 11</i>
15	16	17 South-End Workshop Nocturnal Animals Hike and Games <i>Page 7</i>	18 North-End Workshop Cascade Designs Tour <i>Page 5</i>	19 SOS Snowboarding	20 South-End Trip Camano Island Overnight Cabins <i>Page 10</i>	21 South-End Trip Camano Island Overnight Cabins <i>Page 10</i>
22 South-End Trip Camano Island Overnight Cabins <i>Page 10</i>	23	24 South-End Workshop Terrarium Building <i>Page 8</i>	25 North-End Workshop Avalanche Beacon Hide and Seek <i>Page 5</i>	26 SOS Snowboarding	27 North- End Trip Flying Horseshoe Ranch <i>Page 10</i>	28 North- End Trip Flying Horseshoe Ranch <i>Page 10</i>
29 North- End Trip Flying Horse- shoe Ranch <i>Page 10</i>	30	31 South-End Workshop Mini Golf <i>Page 8</i>				

Workshop pickup time: 3:45—4:30 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 9—10 a.m.
Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
 Evan McKenna (North) | 206-423-1501
 Suzannah Klaniecki (South) | 206-423-3460
[www.Facebook.com/groups/O2program](https://www.facebook.com/groups/O2program)



FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 North-End Workshop Seattle Aquarium <i>Page 5</i>	2 SOS Snowboarding	3	4 JOINT Service Project Valentines for the Homeless <i>Page 11</i>
5	6	7 South-End Workshop UW Planetarium <i>Page 8</i>	8 North-End Workshop UW Oceanography Tour <i>Page 5</i>	9 SOS Snowboarding	10 South-End Overnight Trip Winter Wonderland Cabins <i>Page 10</i>	11 South-End Trip Winter Wonderland Cabins <i>Page 10</i>
12 South-End Trip Winter Wonderland Cabins <i>Page 10</i>	13	14 South-End Workshop Indoor Climbing <i>Page 8</i>	15 North-End Workshop Damnation Screening <i>Page 6</i>	16 SOS Snowboarding Make Up Day	17	18 North-End Trip Olympic Peninsula Cabins <i>Page 10</i>
19 North-End Trip Olympic Peninsula Cabins <i>Page 10</i>	20	21 South-End Workshop Snow Day! <i>Page 8</i> North-End Workshop Sky-Mania <i>Page 6</i>	22 North-End Workshop Curling! <i>Page 6</i>	23	24	25
26	27	28 South-End Workshop Fat Tuesday, Mardi Gras Celebration, & Karaoke				

Workshop pickup time: 3:45—4:30 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 9—10 a.m.
 Weekend trip drop-off time: by 8 p.m.

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MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 North-End Workshop Seattle Art Museum <i>Page 5</i>	3	4 JOINT Service Project Urban and Community Gardens <i>Page 11</i>
5	6	7 South-End Workshop Klondike Gold Rush Museum <i>Page 9</i>	8 North-End Workshop Environmental Cooking <i>Page 6</i>	9	10	11
12	13	14 South-End Workshop Seattle Underground Tour <i>Page 9</i>	15 North-End Workshop Bowling <i>Page 7</i>	16	17	18 North-End Trip American Ridge Cabin Trip <i>Page 10</i>
19 North-End Trip American Ridge Cabin Trip <i>Page 10</i>	20	21 South-End Workshop Tour of the International District <i>Page 9</i>	22 North-End Workshop KEXP Tour <i>Page 7</i>	23	24	25 South-End Trip Fort Overnight Trip <i>Page 10</i>
26 South-End Trip Fort Overnight Trip <i>Page 10</i>	27	28 South-End Workshop Can I Eat This? <i>Page 9</i>	29 North-End Workshop Mt to Sound <i>Page 7</i>	30 Joint Workshop: Indoor Rock Climbing <i>Page 7 and 9</i>	31	

Workshop pickup time: 3:45—4:30 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 9—10 a.m.
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Contact us to sign up for events!
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NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, January 11: UW Planetarium

Gaze at the stars without braving the winter weather! The University of Washington has a planetarium where we can learn about the night sky without leaving the comfort of the building. Come check out the wonders of the cosmos and hear the stories of the sky while staying warm and toasty.

Wednesday, January 18: Cascade Designs Tour

Cascade Designs is a big part of our O2 overnights, and you may have never even realized it! They make gear from the sleeping pads we lay on at night to the stoves we cook on. Come learn more about the outdoor industry as we talk to professionals and get the lowdown on all the new gear for 2017!

Wednesday, January 25: Avalanche Beacon Hide and Seek

You can run, but you can't hide from the beacon! In the winter O2 loves to play in the snow and with lots of snow can come avalanches. Come get prepared for our Flying horseshoe ranch snowshoeing trip learning how to operate a beacon with a technologically elevated game of hide and seek!

Wednesday, February 1: Seattle Aquarium

Since you have off from school today, take advantage of this special trip to the aquarium where we will get to meet the biologists who work behind the scenes as well as the handlers who take care of the creatures. You've never experienced the aquarium like this!

Special pickup times: Rainier CC 9:45am, Garfield CC 10am, Northgate CC 10:30am.

Back by 3pm.

Wednesday, February 8: U.W. Oceanography

Come tour the University of Washington's Oceanography department and learn about the exciting science careers that could be in your future! Get a chance to speak to graduate students about their projects and about what it takes to have a science major in college.



Space is limited on these events, so please call or text **Evan McKenna** and leave a message to sign up for all North-end events! **206-423-1501**



NORTH-END WORKSHOPS

NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, February 15: Damnation Screening

Come watch the critically acclaimed documentary about the history and many times environmental problems caused by dams as we prepare for our whiskey creek cabin trip. Popcorn and snacks will be aplenty as we preview some of the dams we will see on our overnight.

Tuesday, February 21: Skymania

Jump into mid winter break with a trip to Skymania in Bellevue. We will spend a couple hours jumping to our heart's content playing dodgeball, basketball and tag all on trampolines! *Please bring Waiver from pages 13-14*
Special pickup times: Rainier CC 12:30 pm, Garfield CC 12:45 pm, Northgate CC 1:15 pm.

Back by 4 pm.

Wednesday, February 22: Curling

'Tis the season to try a winter sport! This medieval Scottish sport is in the Olympics and now Seattle! On your mid-winter break, come out with O2 to try your hand at this sport and sip on hot chocolate. You **MUST** wear sneakers and dress warmly as we will be in an ice rink. *Please bring waiver from page 14.* **Special pickup times: Rainier CC 8:45am, Garfield CC 9am, Northgate CC 9:30am.**
Back by 3pm.

Thursday, March 2: Seattle Art Museum

Today, you constantly hear about “environmentally friendly” products and “safe, non-toxic” this and that...but what did artists do before all of that existed? Join us in visiting the SAM (Seattle Art Museum) to see the latest exhibits and learn about what artists used to work with back in the day and how it compares to today’s materials.

Wednesday, March 8: Environmental Cooking

come join our guest professional cook, Emily Penna, as we cook up some delicious environmentally friendly dishes. Focusing on sustainable foods as well as the dangers of pesticides finally find out what organic really means.



NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, March 15: Bowling

If you love to laugh, then join us for a night at the bowling alley where we will wear the crazy bowling shoes, eat pizza and bowl. This is a great way to make friends with your fellow O2 participants and have a good time.



Wednesday, March 22: KEXP Tour

Calling all music lovers, channel your inner DJ with KEXP studios in the Seattle center. We will be touring Seattle's own 90.3 to learn more about what it takes to be a DJ and work in the music industry.

Wednesday, March 29: Mountain to Sound Greenway Trust

The Mountain to Sound Greenway Trust is responsible for keeping all of our land in the I-90 corridor wild and free. Come learn how to help protect the wildlife in your own neighborhood and how your actions can impact the greater environment outside of Seattle.

Thursday, March 30: Indoor Rock Climbing

We, as the O2 community, are excited to offer monthly climbing sessions throughout the spring season. Climbing is a super-fun sport that challenges your mind and body alike. Come out and learn how to enjoy this sport in a fun, social and supportive environment. These sessions are for beginner and intermediate climbers. *A Vertical World waiver will be required for this event!* (pg. 15 and 16). *Vertical World prefers that you fill the waiver out online ahead of time.*

SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Tuesday, January, 10: Making a Difference

Martin Luther King was an amazing person that truly made a significant difference to our culture, country, and people. How can we as individuals, make a difference with our friends, community, and environment? Please join us in this celebration of MLK and in making a difference. In this celebration of culture, we will serve Thai food from the best Thai restaurant in Seattle!

Tuesday, January, 17: Nocturnal Animals Hike and Games

Come learn about the amazing capabilities of animals who thrive under the cover of darkness. Then, put your own night-seeing capabilities to the test with a short night hike through Camp Long and a rousing game of flashlight tag to experience life as a creature of the night.

SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Tuesday, January 24: Terrarium Building Night

Come and plant your very own terrarium! We will be building homes for plants and start to develop our green thumbs to create living art for our rooms and houses.

Tuesday, January 31: Mini-Golf

Who doesn't love miniature golf? Put your skills to the test in a friendly O2 tournament! Please join us for a fun-filled day at the Family Fun Center for mini golf and craziness.

Tuesday, February 7: Planetarium

Come and explore the galaxy with us as we head to the UW planetarium to learn about the night sky in the comfort of an indoor theater experience. This is a great time to learn about the cosmos and see the stars in a unique theater that can replicate the night sky as what it would look like anywhere in the world!

Tuesday, February 14: Indoor Climbing

It's no secret that the O2 program loves climbing! Let's get out during the winter season and keep our climbing skills honed. Beginner and advanced climbers are welcome. *Please refer to page 15 and 16 for the Vertical World waiver. Vertical World prefers if you fill out their waiver online ahead of time.*

Tuesday, February 21: Snow Day!

Come join us on your Mid-winter break and join us for a day of snowshoeing and exploring the mountains in our region.

Special pickup times: Camp Long 9:00am, Jefferson CC 9:15am, Rainer Beach CC at 9:30am.

Back by 8pm

Tuesday, February 28: Mardi Gras & Karaoke

During our O2 planning session, everybody wanted to do karaoke. So we decided to party it up for Fat Tuesday and Mardi Gras with an O2 karaoke blowout! Please come with a song in mind and be prepared for typical O2 craziness and laughter.



SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Tuesday, March 7: Klondike Gold Rush Museum

Join us as we partner with the National Park Service's In My Backyard program for a special VIP tour of the Klondike Gold Rush Museum! We will have a special behind the scene look into museum life and have a chance to work with their Park Rangers and Volunteers to explore different ways to be a land steward.

Tuesday, March 14: Seattle Underground Tour

The Seattle Underground Tour is always an incredibly interesting look at Seattle's hidden history. Every time we take this tour, it uncovers Seattle's secrets that were never included in the history books. Please sign up to reserve a spot.

Tuesday, March 21: Tour of the International District

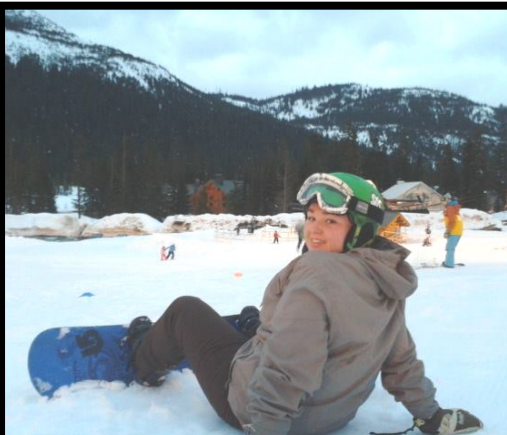
Seattle's International District is rich in its culture and history. The ID tour will explore these treasures with a walking tour. We will also follow the tour with a visit to Bob's favorite Chinese restaurant.

Tuesday, March 28: Can I eat this?

Take a look at some of the most common plants in the area and learn what is edible or usable if you were to get stuck in the wilderness. A look primarily at the Pacific Northwest native plants but also a fun look into some silly foods you can make.

Thursday, March 30: Indoor Rock Climbing

We, as the O2 community, are excited to offer monthly climbing sessions throughout the spring season. Climbing is a super-fun sport that challenges your mind and body alike. Come out and learn how to enjoy this sport in a fun, social and supportive environment. These sessions are for beginner and intermediate climbers. *A Vertical World waiver will be required for this event!* (pg.15 and 16) *Vertical World prefers if you fill out their waiver online ahead of time.*



Space is limited on these events, so please call or text Evan McKenna or Suzannah Klaniecki and leave a message to sign up for all events!
Evan McKenna (North-end) : 206-423-1501 | Suzannah Klaniecki (South-end) : 206-423-3460

Pickups and Drop-offs for Trips:

<p>NORTH-end students can meet the green Parks van at: Rainier Community Center—8:45 a.m. Garfield Community Center—9:00 a.m. Northgate Community Center—9:30 a.m. Return to Rainier CC/Garfield CC— by 8 p.m. for trips.</p>	<p>SOUTH-end students can meet the white Parks van at: Rainier Beach Community Center—9 a.m. Jefferson Community Center—9:15 a.m. Camp Long—9:30 a.m. Return to Jefferson CC/Rainier Beach CC/Camp Long—by 8 p.m. for trips</p>
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NORTH-END TRIPS

Friday-Sunday, January 27-29: Flying Horseshoe Ranch Cabin Trip Bust out your cowboy hat: O2 is going back to the ranch. Join us as we check out one of our popular summer places, the Flying Horseshoe Ranch, in the winter as we swap horses for snowshoes or skis. Please note: this will be a Friday departure immediately after school.

(Pick-Ups Rainier CC 3:45, Garfield CC 4:00, Northgate CC 4:30 p.m)

Friday- Sunday, February 18-19: Olympic Peninsula Cabin Overnight

Join us for an overnight trip on the shores of the Puget Sound, at the edge of Olympic National Park. In this spectacular setting, we will spend our time hiking through old growth forests, exploring the Elwha River, and learning about the native cultures of the Olympic Peninsula. We will stay in old fashioned cabins with a wood stove for heat and lamps for light...a great way to re-connect with the O2 community!

Saturday-Sunday March 18-19, : American Ridge Cabin Trip

An O2 First, join us on an adventure to Naches WA as we stay in the American Ridge Lodge.

Originally built as a ski lodge at the base of Washington's first ski area. we will have this former ski area to ourselves as we snowshoe and sled throughout the slopes.

SOUTH-END TRIPS

Friday-Sunday, January 20-22: Camino Island Overnight

The O2 program is embarking on an island overnight cabin trip to the famed and beautiful Camano Island. We will sleep in the cozy waterfront cabins and explore the surrounding beaches. Please call to reserve a space as this event will fill fast! **(Pick Ups– Camp Long 4pm, Jefferson CC 4:15, Rainer Beach CC 4:30)**

Friday-Sunday, February 10-12: Winter Cabins

During Seattle's rainy season, the surrounding mountains are covered in a thick blanket of snow. Let's make homemade meals together, tell stories around the fire, and explore the snowy trails of the Cascade Mountains. Please call to sign up and reserve a space. **(Pick Ups– Camp Long 4pm, Jefferson CC 4:15, Rainer Beach CC 4:30)**

Saturday-Sunday, March 25-26: Fort Warden

Come explore one of the most interesting historical spots in Washington as we visit Port Townsend and explore some of the beautiful parts of the Olympic Peninsula. We will be taking the ferry back and hopefully will spot gray whales, as it is peak season to see them!

Space is limited on these events, so please call or text **Evan McKenna** or **Suzannah Klaniecki** and leave a message to sign up for all events!

Evan McKenna (North-end) : 206-423-1501 | Suzannah Klaniecki (South-end) : 206-423-3460

Pickup and Drop-offs for Trips:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—9:15 a.m.

Garfield Community Center—9:30 a.m.

Northgate Community Center—10 a.m.

Return Rainier CC/Garfield CC/Northgate CC – by 6 p.m.

SOUTH-END students can meet the green Parks van at:

Camp Long – 9:30 a.m.

Jefferson Community Center – 9:45 a.m.

Rainier Beach Community Center – 10 a.m.

Return to Jefferson CC/Rainier CC/Camp Long by 6 p.m.



JOINT SERVICE PROJECTS:

Saturday , January , 14th: MLK Day Youth March

Join us as we honor a great American and champion of the Civil Rights movement with a youth led march through Seattle. We will end our march with a beautification of Seattle.

Saturday , February, 4th : Valentines for the Homeless

February is the time to show the people in your life how much you care about them...but what about those without families? Or those who are living on the streets? Join us in creating Valentines for a Youth Homeless Shelter to spread the community love and make someone a little less lonely at this cold time of year.

Saturday, March , 11th: Urban and Community Gardens

March often marks the start of garden preparations for vegetables and fruit. Come join us as we help our local Seattle Community Gardens clean up and prep for a bountiful harvest that will go to help feed locals with fresh locally grown food!



1. Rainier Community Center

4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

2. Garfield Community Center

323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3, 4, 48

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

3. Northgate Community Center

10510 5th Ave NE, Seattle, WA
(206) 386-4283

Bus Line(s): 16, 68, 75, 242

Directions: The community center is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.

Meeting Location: Meet the Parks van in the lot behind the library next to the playground.

4. Camp Long Environmental Learning Center

5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge.

5. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

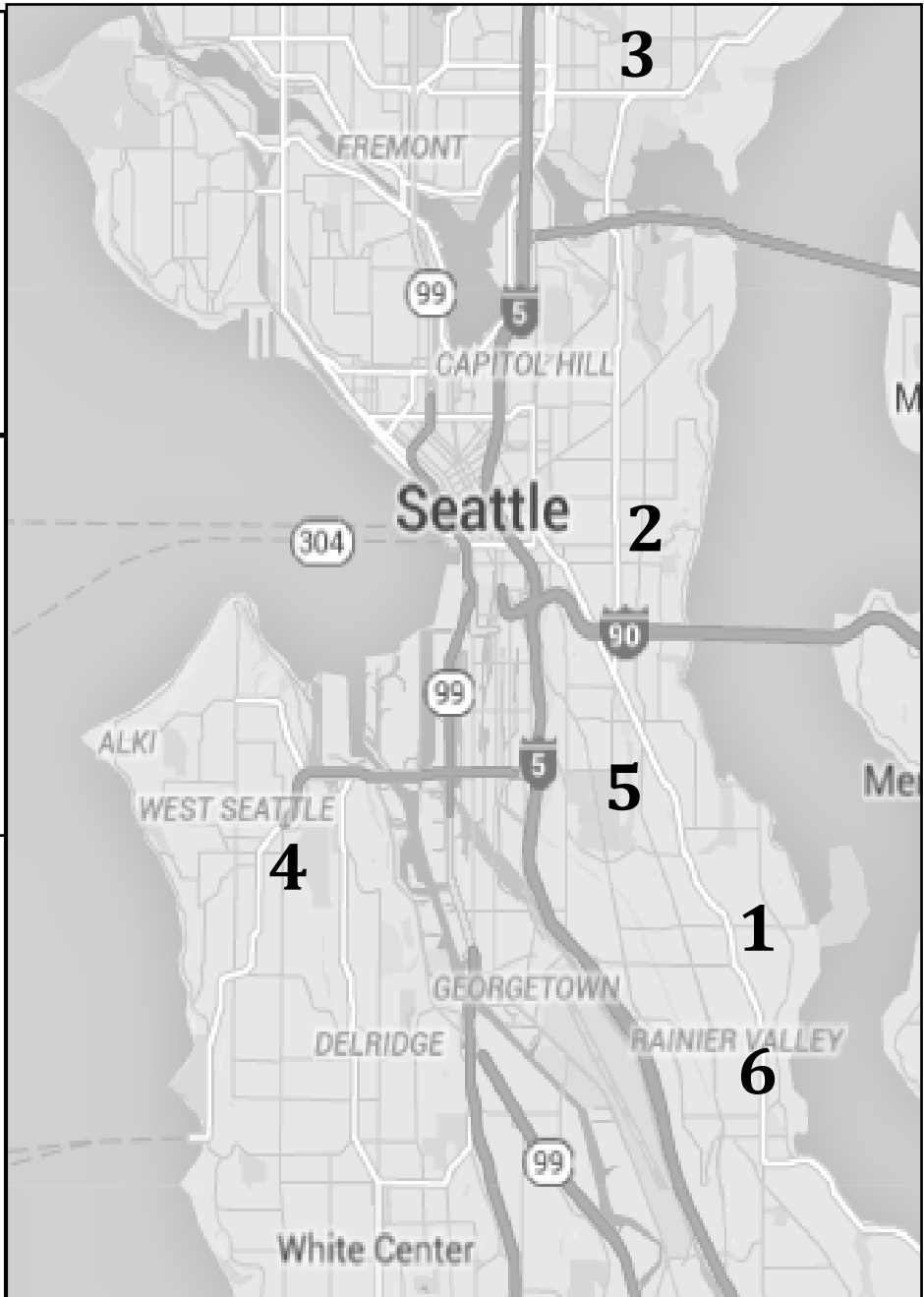
6. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

Meeting Location: Parking lot in front of the community center.



SKYMANIA! Customer Release of Liability and Assumption of Risk

In consideration of being permitted by Platinum Fun Inc. (d/b/a SKYMANIA! Seattle), RPSZ Construction, LLC, and Par Mac and Associates their agents, owners, officers, affiliates, volunteers, participants, employees, successors, assigns and all other persons or entities acting in any capacity on their behalf (herein after collectively referred to as "SMRC") to participate in its activities and to use its equipment and facilities, I hereby agree to release, indemnify and discharge SMRC, (the "RELEASED PARTIES") on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in SMRC trampoline games or activities entail known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: Trampolines expose its participants to the usual risk of cuts and bruises. Other more serious risks exist as well. Participants often fall off equipment, sprain or break wrists, ankles and legs, and can suffer more serious injuries as well. Traveling to and from trampoline locations raises the possibility of any manner of transportation accidents. Participants often fall on each other resulting in broken bones and other serious injuries. Double bouncing, more than one person per trampoline, can create a rebound effect causing serious injury. Flipping and running and bouncing off the walls is dangerous and can cause serious injury and must be done at the participant's own risk. There is also a risk of colliding with or being landed on by jumpers of a different size. Similar risks are also inherent in using the foam pit. In any event, if you or your child is injured, you or your child may require medical assistance, at your own expense.

Furthermore, SMRC employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's health or abilities. They may give incomplete warnings or instructions, and the equipment being used might be loose, out of adjustment or malfunction. There is also a risk that SMRC employees may be negligent in, among other things, monitoring and supervising use of its equipment and facilities and in the maintenance and repair of its equipment and facilities.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to defend, indemnify and hold harmless RELEASED PARTIES from any and all claims, demands, or causes of action, which are in any way connected with my participation in SMRC activities or my use of SMRC's equipment or facilities including any such claims which allege negligent acts or omissions of RELEASED PARTIES.

4. Should SMRC or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

6. In the event that I file a lawsuit against SMRC, I agree to do so solely in the state of Washington, King County Superior Court and I further agree that the substantive law of Washington shall apply in that action without regard to the conflict of the law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

7. I agree that if the participant is a minor, I further agree to defend, indemnify and hold harmless SMRC from any and all claims or suits for personal injury, property damage or otherwise which are brought by, or on behalf of the minor, and which are in any way connected with such use or participation by the minor, including injuries or damages caused by the negligence of RELEASED PARTIES.

I further grant SMRC, the right to photograph, videotape, and/or record me and/or my child/ward and to use my or my child's/wards' name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, and promotional materials without reservation or limitation. I would like to receive free email promotions and discounts to the email address provided above. I may unsubscribe to emails from SKYMANIA! Seattle at any time.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right or the minor participant's right to maintain a lawsuit against SMRC or any RELEASED party on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

NAME(S) AND BIRTH DATE(S) FOR ALL CHILDREN UNDER 18

*Section is required if you are releasing the liability for children under 18

Parent's or Legal Guardian's additional agreement, indemnification, Release of Liability and Assumption of Risk. - Must be completed for participants under the age of 18. In consideration of the Minor Child(ren) being allowed to participate in the activities of SMRC, I voluntarily agree that all terms and conditions set forth herein shall equally apply to such minor as if the Minor Child was eighteen years old or older. **I represent that I have full authority as Parent or Legal Guardian to bind the minor participant(s) to this agreement.**

NAME MINOR #1 _____ DATE OF BIRTH _____ Relationship _____

NAME MINOR #2 _____ DATE OF BIRTH _____ Relationship _____

SIGNATURE OF PARTICIPANT AND/OR PARENT or LEGAL GUARDIAN

Participant's and/or Parent or Legal Guardian (if Minor) Signature _____

Print Name: _____ Date _____

Address: _____ City: _____ State: _____ Zip Code: _____

E-Mail: _____ Phone: _____ Date of Birth: _____

Emergency Contact Phone: _____ Relation _____

Waiver accepted by _____ (SMRC Employee)

Release of Liability – Read Before Signing

In consideration of being allowed to participate in any way in the programs of Granite Curling Club of Seattle, Inc. ("Club") and the United States Curling Association, Inc. ("USCA"), their related events and activities, the undersigned, acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Club and the USCA immediately; and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release the Club and the USCA, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property associated with my presence or participation, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's signature

Age

Participant's printed name

Date signed

optional

Participant's email address (*optional*)

Emergency Contact Information

Printed Name

Telephone

For Parents/Guardians of Participants of Minority Age (under age 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release the Club, the USCA, and the other Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from the negligence of the Releasees, to the fullest extent permitted by law.

Parent/Guardian's Signature

Parent/Guardian's Printed Name

Date signed

Vertical World Waiver Pg. 1

VERTICAL WORLD: ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AND INDEMNITY AGREEMENT

All participants must fill out and sign this document (PRINT LEGIBLY)
For participants under 18 yrs. of age, participant and parent(s) or guardian(s) must sign below

Name _____

BELAY CHECK INFO

Address _____

ISSUED BY: _____

City _____ State _____ Zip _____

DATE: _____

Telephone: Home _____ Work _____

Male _____ Female _____ Birthday: _____ Email: _____

Emergency Contact: _____ Telephone: _____

INTRODUCTION

Please read this Acknowledgment and Assumption of Risks and Release and Indemnity Agreement, including Introduction and Conclusion (the "Document") carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability, indemnification and surrender of certain legal rights.

Parent(s) or Legal Guardian(s) (hereafter collectively "parent(s)") of any participating minor (hereafter sometimes "minor" or "child") shall sign this Agreement. Participating minors (those under the age of 18) shall also sign. "I," "me" or other first person references shall include both the parent and the minor, unless the context requires otherwise. References to "participant" include both minor and adult participants.

In consideration of the services of Vertical World, Inc., its agents, owners, officers, employees, representatives and all other persons or entities associated with it (hereafter collectively "Vertical World"), participant, including parent(s) of minor participants, agree as follows:

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS

Engaging in climbing activities at Vertical World's indoor rock climbing facility involves serious risks. These activities vary but can include bouldering, climbing, belaying and rappelling on Vertical World's artificial climbing walls, with or without Vertical World staff present. I (and my parent(s), if I am a minor) acknowledge that participating in climbing activities involves risks. Some risks are inherent in these activities and cannot be eliminated or reduced. A variety of other risks also exist. **These inherent and other risks, hazards and dangers can cause injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. The following describes some, but not all of those risks, hazards and dangers:**

- 1.) **Risks involved in physical activity.** Activities vary, but can include lifting, climbing, rappelling, belaying and sustained use of a participant's arms and legs.
- 2.) **Risks in decision making.** Participants must make judgments and decisions as they participate in climbing activities. So, too, Vertical World staff must make judgments and decisions as they teach climbing skills or assist participants. These judgments and decisions are, by their nature, imprecise and subject to error. Consequently, there are risks involved in decision-making and conduct, including, without limitation, the risk that a staff member may misjudge a participant's abilities or fitness level.
- 3.) **Equipment failure or misuse. Equipment used includes, without limitation, artificial climbing holds and anchor points, ropes, slings, harnesses, climbing shoes and climbing hardware** which may be misused, or which can break, fail or malfunction. This includes participant's personal equipment or equipment rented or borrowed from Vertical World.
- 4.) **Risks regarding conduct.** The potential that I, other participants or third parties (e.g. belayer, rescue squad, hospital) may act carelessly or recklessly or generally fail to exercise care.
- 5.) **Such other risks, hazards and dangers associated with rock climbing activities and the use of artificial rock climbing walls.**

These and other risks, hazards and dangers may result in participants (for example): 1) falling partway or falling to the ground, 2) getting entangled in ropes or other equipment, 3) impacting the rock face, anchor points, or other projections, 4) colliding with or impacting objects or people. These and other circumstances may cause fractures, sprains, broken bones, concussions, cuts or abrasions, or other injury or illness, mental or emotional trauma, paralysis, disability or death.

I understand that the above list is not complete and that other unknown or unanticipated risks, hazards and dangers may result in injury, damage, death or other loss. I acknowledge that participating in these activities requires a special degree of skill and

Vertical World Waiver Pg. 2

knowledge different from other activities and that I have responsibilities as a participant. I have no mental or physical problems or limitations that might compromise or affect my ability to participate in climbing activities which have not been disclosed to Vertical World. I represent I am fully capable of participating in these activities without causing harm to me or others and I agree to follow all Vertical World rules and regulations. I acknowledge that Vertical World staff is, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities. I understand that the presence of Vertical World personnel is absolutely no assurance of my safety or the lessening of any of these risks. **Climbing is dangerous! In both supervised and unsupervised activities, I acknowledge that all participants are responsible for their own safety. My participation in these activities is purely voluntary, and I choose to participate in spite of and with knowledge of the risks. Therefore, I (and my parent(s), if I am a minor) assume and accept full responsibility for those risks identified here and for those risks not identified, and for injury, damage, death or other loss suffered by me resulting from those risks, or resulting from my own negligence or other conduct.**

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This section contains a Release and Indemnity Agreement and surrender of certain legal rights.

Participant, if he/she is an adult, or parent(s), for themselves and on behalf of their participating minor child:

- (1) **agree to release and covenant not to sue Vertical World**, with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs), arising out of any injury, damage, death or other loss to me or my child in any way connected with my/ my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities. **I understand I agree here to waive all claims I may have against Vertical World, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against Vertical World, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **agree to defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) **Vertical World** with respect to all claims, liabilities, suits or expenses (including attorneys fees & costs):
 - (a) brought by or on behalf of me, my child, or a family member, arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities; or,
 - (b) brought by a co-participant or any other person, arising out of any injury, damage, death or other loss claimed to be caused, in whole or in part, by my/my child's conduct in the course of participating in Vertical World activities or using Vertical World's climbing wall or other equipment and facilities.

This Release and Indemnity Agreement includes any losses claimed to be caused, in whole or in part, by the negligence of Vertical World (but not it's gross negligence or reckless misconduct) and includes claims for personal injury, property damage, wrongful death, products liability, breach of contract or otherwise.

CONCLUSION

I agree that this Document, and all other aspects of my relationship with Vertical World are governed by Washington state law. Further, any mediation, suit, or other proceeding arising out of or relating to my enrollment or participation in Vertical World activities, must be filed or entered into only in the State of Washington and Washington state law shall apply. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

I authorize Vertical World staff to obtain or provide medical care for me/my child or to transport me/my child to a medical facility. I authorize medical personnel to render such treatment they deem necessary for me/my child's health. I agree that Vertical World has no responsibility for medical care provided to me/my child and I agree to pay all costs associated with such medical care and transportation.

Any portion of this Document deemed unlawful or unenforceable shall not affect the enforceability of the remaining provisions of this Document and the remaining provisions shall continue in full force and effect.

I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon myself and my family and my heirs, executors, representatives and estate.

Participant Signature	Date	Print Name Here	Accepted by: _____ Staff
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Parent(s) or Guardian(s) must sign below for any participating minor (those under 18 years of age) and agree that they are subject to all the terms of this Document, as set forth above.

Parent or Guardian Signature	Date	Print name here
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Winter 2017 Equipment Lists

Make sure you show up to your Summer events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Swim Wear and towel -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), tooth-paste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Travel size Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim wear -Towel -Sunscreen -Sunglasses -Medications (if needed) -Camera (optional) -Snacks (optional)